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ALL ABOUT CITY HALL

Meet the woman who's dedicated to getting people talking about municipal issues
metroNEWS

Morgan Vespa, manager at the city's office of public engagement. LYLE STAFFORD/FOR METRO

Refugees welcome here

BORDER TOWN

Emerson pledges support for people fleeing Trump's America

Civic leaders in a Manitoba border town that has seen an increase in refugee claimants crossing over from the United States say the community will continue to be a welcoming place.

Politicians in Emerson met with RCMP and the Canada Border Services Agency on Thursday to address concerns after 22 refugees walked into Canada on the weekend.

"Everything's gotten straightened out and it is good," Reeve Greg Janzen said after the meeting. "We are all willing to work together. There has been no negativity. If there is more influx of bigger groups coming through, they assured us that they will have the manpower to handle an influx of refugees."

Janzen said the chief concern among residents was safety.

"Was there a safety risk for us?"

he explained. "Now we understand how the process is being done, so that makes it more reassuring."

Janzen said border services and the RCMP explained that claimants are searched and screened right away once they are picked up and before they are released to wait out the refugee process.

The town hall was opened to shelter refugees who walked in last weekend. Janzen said the border services agency will rent the hall in the future if it is needed again.

RCMP are responsible for patrolling the border outside of official ports. The force said Thursday it is increasing resources in the Emerson area to intercept border jumpers and take them to officials should they make a refugee claim.

Spokeswoman Tara Seel said officers have no power to turn a border jumper back, only make an arrest after they cross.

Officials in Emerson say they've seen more border jumpers in recent months and particularly fol-

lowing planned new restrictions in the United States on refugees.

The Canada-U.S. Safe Third Country Agreement requires people to apply for asylum in the first country they arrive. If they have already applied as a refugee in the U.S. before showing up at a border port in Canada, and have no blood relatives here, they are turned away.

But if a person crosses into Canada somewhere else and applies as a refugee, the case is heard by Canadian authorities.

The Canadian government has faced pressure to repeal the agreement since the election of President Donald Trump, but has so far refused.

The Canada Border Services Agency says 11,000 refugee claimants were processed at designated ports last year. Figures released earlier this week show more than 2,000 claimants entered "irregularly," with growing numbers in Manitoba, Quebec, British Columbia and Yukon.

THE CANADIAN PRESS

444

The number of border jumpers the RCMP in Manitoba said they intercepted last year.

Muslim ban struck down — Trump vows to take fight to supreme court metroNEWS

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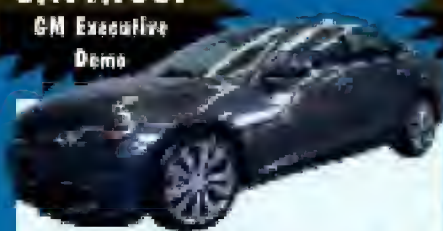


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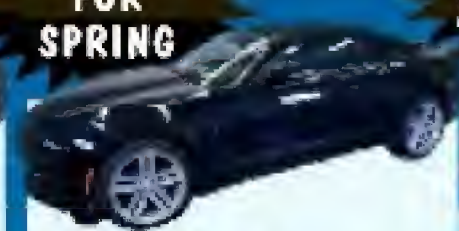
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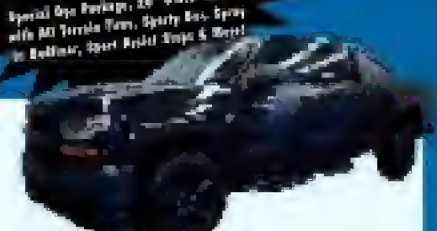
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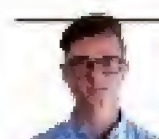
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PUBLIC HEALTH

Daycare may have been exposed to TB



Braeden Jones
Metro | Winnipeg

Children who attend a St. James daycare may have been "exposed to an individual with infectious tuberculosis," according to the Winnipeg Regional Health Authority (WRHA).

In a WRHA letter sent to parents whose children attend the YMCA-YWCA of Winnipeg St. James Child Care Centre, the health authority recommended anyone at risk of infection should be

tested "out of an abundance of caution," but added that the risk that other children caught tuberculosis (TB) is "very low."

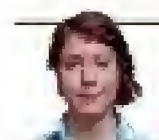
The letter explained that TB is passed from person to person through the air, but is "usually not very contagious."

Nevertheless, public health nurses with experience in TB detection will be at the child-care centre "to assess children" on Feb. 14 and 16.

Any parent with questions or concerns is encouraged to contact WRHA Public Health nurse Colleen Pittet at cpittet@wrha.mb.ca.

BUDGET

City blames snow for \$5.1M deficit in 2016



Stephanie Taylor
Metro | Winnipeg

The City of Winnipeg ended 2016 in the red.

On Thursday, the city released its year-end financial statements that show the city closed last year with a \$5.1 million deficit — \$1.1 million less than what corporate finance predicted a month earlier.

The last time the city overspent its operating budget was 2013.

The city blames last year's deficit on the inordinate amount of snow that fell on

our city in December, which led the public works department to blow through its \$33.5-million snow removal budget by \$11.3 million.

Environment Canada says 68.8 centimetres of snow fell in December, compared to the average 23 centimetres.

As a result of closing 2016 with a deficit, the city says that it balanced the books by raiding three of its reserve funds.

The finance committee will discuss the 2016 financial statements on Monday.

MORE LOCAL NEWS ONLINE
metronews.ca

HOUSING

'Intentional community' created for those over 50



Michelle Bailey
For Metro | Winnipeg

Winnipegger Katherine Lowery is pretty adamant about how she won't be spending her retirement years.

"I have no desire to just sit around watching TV putting together puzzles," the 63-year-old said with a chuckle.

Lowery is one of five single women over the age of 50 who have come together to commonly live in what is referred to as an "intentional community," with everyone living under one roof.

It's a way of reducing living expenses, feeling safe and secure and overcoming loneliness.

"If you know who Doris Day is, you already have one foot in the door," she joked. "But seriously, we go through a whole process when seeking co-tenants to ensure we are all like-minded women who will get along and respect the house rules."

Rules such as dogs: Yes. Cats: No. Must not smoke.

The mastermind behind this particular set-up is 71-year-old Bev Suek who started the Women's Housing Initiative Manitoba (WHIM).

Suek owns the large, red-brick house in the city's picturesque Riverview area that she used to operate as a bed and breakfast. Just over two years ago,



Bev Suek, right, founder of the Women's Housing Initiative Manitoba, and tenant Katherine Lowery. The house offers a way to share expenses and overcome loneliness. LYLE STAFFORD/FOR METRO

she decided to create the living environment Lowery now calls home. Her and Suek are two of the residents.

"It is such a wonderful way to live," Lowery said. "We each have a day of the week where one of us is responsible for cooking dinner, we pool money for groceries and take turns shopping, and once a month we host a 'salon' night."

The most recent 'salon' night involved Lowery and her housemates inviting friends over to do letter-writing for Amnesty International. Another one had them and their guests devouring

“It is such a wonderful way to live.”
Katherine Lowery

lobsters they ordered from Nova Scotia.

"It seems we are always doing something, even attending events together," Lowery said. "But we also cherish our alone time, which we can have in our private rooms or anywhere in

the house because of its size."

The women are in the process of looking for a new tenant to take over one of those rooms starting in May. More information can be found on their Facebook page under Women's Housing Initiative of Manitoba.

Rent is between \$700 and \$950 per month (depending on the square-footage of the bedroom), which includes expenses such as taxes, Internet, cleaning services and lawn services.

"It's pretty great," said Lowery. "We even have a three-season sunroom and a hot tub."

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Newest office opens at city hall

CIVIC MATTERS

Will advise departments on consulting with residents



Stephanie Taylor
Metro | Winnipeg

The mayor campaigned on it, councillors are counting on it, and the average Winnipegger probably has no clue that it even exists — despite paying for it.

But after three years in the making, the city finally has its own fully staffed office of public engagement.

The office was officially created in January 2015, allowing Mayor Brian Bowman to cross another campaign promise off his list.

However, it took until last month for three public engagement officers and one manager to be hired, leaving some elected officials to wonder what all the fuss was about.

Morgan Vespa is at the helm of this newest city hall office.

Originally from southwestern Ontario, Vespa holds a Master's Degree in natural resources management from the University of Manitoba, with a focus on environmental assessment and public participation.

With six years of experience in the field of public engagement, including time spent working for a non-profit consulting Indigenous peoples on environmental issues, Vespa took the job of manager last



Morgan Vespa, manager of the office of public engagement, says one of the big 'musts' the city should do to get better at consultation is build trust with residents. LYLE STAFFORD/FOR METRO

fall.

She explains the role of the office is essentially to advise civic departments on how they should consult residents when it comes to a project they need public input on, whether that's

building a new rapid transit line or bike lane.

That involves figuring out if information should be collected through an open house, online survey or some other way, all the while making sure

people can stay in the know more easily.

"The end goal of public engagement is for better decision making, it's not so everyone agrees on everything," she said.

Vespa acknowledges there's a lot to take on with the new role, especially since one of the big 'musts' the city must do to get better at consultation is build trust with residents.

"If people feel heard and they feel like their input was used and considered then that

to me is going to be successful," she said.

But that's easier said than done.

Vespa said the city currently stands in "negative trust" with some residents and community groups, which will take time to rebuild.

How exactly public engagement will look now that an office for it exists remains to be seen.

So far, residents who check out the office's page on the

city's website will see a new calendar that displays when project consultation sessions are happening, which is searchable by ward.

But those hoping for new apps, more interaction and the end of open houses will be disappointed, at least for now.

As far as first steps go, Vespa says this year the focus will be mainly working behind the scenes to make sure all departments are consistent in the way they do consultations and staff know the basis of public engagement 101.

A large part of that means ensuring residents who attend public info sessions are kept informed about what's happening on a specific project, explained Felicia Wiltshire, director of corporate communications and customer service, which oversees the office.

Right now, she said there's a problem where the feedback gained from surveys or meetings gets written in some department report and never gets shared publicly with the residents who took the time to show up.

Once internal processes are smoothed over, Vespa said her team will start looking at how other cities are engaging citizens and start shopping around for new ideas and tools.

"We need to reach people in more creative ways," she said.

Wiltshire said the eventual goal is to have enough internal capacity for the city to do its own public consultation, lessening its reliance on outside contractors. "It is going to take time to better public engagement," said Vespa.



The end goal of public engagement is for better decision-making, it's not so everyone agrees on everything.

Morgan Vespa, office of public engagement

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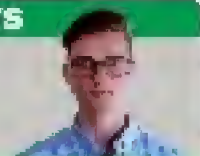
Bucky's chance to stay in net is here

OPINION

Hellebuyck needs to show he can be the guy long term

JONES ON JETS

Braeden Jones



Connor Hellebuyck will be back in the Jets net Friday night, and that's a good thing.

Not only is it a good thing because he's undefeated against the Blackhawks through four games, but because it gives the 23-year-old a chance to re-establish himself as the Jets' No. 1 goalie and — most importantly — join his teammates in chasing a play-off spot.

Because as much as Captain Blake Wheeler and others have extolled the allegedly confidence-inspiring timely saves offered by Pavelec, their faith in the 29-year-old is not as important as their faith in Hellebuyck, or having him a part of this team's journey, win or lose.

After all, with all signs pointing to Michael Hutchinson's exposure in the coming expansion draft, Pavelec's contract is due to expire. Hellebuyck's upside is that he's as much a part of the Jets' future as Mark Schiefele, Nikolaj Ehlers, Josh Morresey and

Patrik Laine.

He earned the starting job out of training camp, telling reporters his goal was to win a Stanley Cup with this team.

Then he gave the team as much a chance to win all season as Pavelec ever did, statistically speaking some of the best goaltending the team has had, but as soon as he hit a slump management pulled the rug out from under him.

By his own omission, he's "gone through a pretty big learning curve" through both his and the team's struggles.

But rather than treating Pavelec as a No. 2 goalie and relief option, someone to give Hellebuyck the break Hutchinson hasn't been reliable enough to offer, coach Paul Maurice rolled with Pavelec again.

Hellebuyck needs to show

the team, his coach, and this fan base that talent now so he can be the guy all those parties rely on when things improve.

But Hellebuyck shouldn't just be in the Jet net for his benefit, for development, or even the benefit of team-building, but because the Jets need to win right now.

He says he's had time to "really focus" on his game lately, claiming he's made strides that are hard to make when playing 32 games in 60 days. He's finally had time to "sit back" and "see all the fine details," with extra practice time to tune everything from his puck-tracking to his catching.

"It's done a lot," he said. "And I've got my confidence where I like it and where it needs to be."

Let's hope that pays off.



Connor Hellebuyck. THE CANADIAN PRESS

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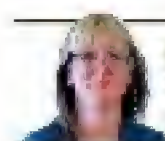
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ARCADE

New league a win for pinball scene



Meg Crane
For Metro | Winnipeg

Local old-school arcade game fanatics now have an official community in Winnipeg: the Manitoba Pinball League. On Feb. 12, the organization will host its first public tournament at The Good Will Social Club.

"I think that there's a lot of hunger for this type of tourna-

ment here in Manitoba – and league," said David Morris, who started the league.

Without much effort on his part, Morris said the 52 spots in the tournament filled up quickly and the league has gathered more than 60 members since it formed in early January of this year.

"It's different than your ordinary video game. It's playing with moving parts and real mechanical parts and it just, to me, is a lot more (of a) social game than

video games are," Morris said.

Rick Exner, who owns more than 50 pinball machines, will be one of the contestants.

He said he has played in tournaments before, but nothing like this. "It's basically the first real, big tournament in Manitoba," Exner said. "It's due. Other cities across Canada and the U.S., they have tournaments. It's time that we have a tournament, as well. It'll be nice to get out and meet new people that are also enjoy-

ing playing the game."

Exner has been playing pinball for more than 35 years.

"It's never really the same. Obviously you have goals to achieve, but because the ball basically never goes in the same spot, it's always random. It's not like a video game where you learn the pattern and just make the little guy do whatever," Exner said.

Although the tournament is full, Morris encourages people to come down to check it out.



TORSTAR NEWS SERVICE

Four things to do this weekend

MICHELLE BAILEY FOR METRO

1 Outdoor enthusiasts unite!

— The Manitoba Outdoors Show will once again showcase the latest and greatest products and services for those who love to do everything from birdwatching to ziplining. Head on over to Red River Exhibition Park, 3977 Portage Ave. Friday 4 p.m. to 8 p.m. and Saturday and Sunday from 11 a.m. to 5 p.m.

2 **Pass the pawsta** — The 13th annual all-you-can-eat Pawsta Dinner takes place Saturday at the Winnipeg Winter Club, 200 River Ave. Proceeds go to D'Arcy's A.R.C. (Animal Rescue Centre). Adults \$15 and kids \$10. There are two sittings at 5:00 p.m. and 7:30 p.m.

3 **Everything's gonna be alright** — X-Cues at 551 Sargent Ave. is where you will want to be if you are a fan of reggae. Winnipeg's Black History Month Celebration Committee is presenting a Celebration of Music showcase on Friday from 8 p.m. to 2 a.m.

4 **Valentine's Day can be scary** — The St. Valentine's Horror Con at the RBC Convention Centre will accept you as you are Saturday from 10 a.m. to 8 p.m. and Sunday from 10 a.m. to 5 p.m. Admission is \$12.50 for one day, the whole weekend for \$20 and kiddies age five and under are free.



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Woman pressures feds on refugees

IMMIGRATION

Stephanie Gillis flew to Jordan after Syrian family delayed



Jen Taplin
For Metro | Halifax

Their first meeting should have been a joyous occasion at the airport. Instead it happened in a small one-bedroom apartment in Jordan.

Frustrated at delays and eager to meet the sponsored Syrian refugee family, Stephanie Gillis took matters into her own hands and visited them in Jordan last month.

Gillis and her colleagues at Southwest Properties contributed about \$25,000 to sponsor a family.

They were paired with a family in December 2015 and were told they would arrive



Stephanie Gillis with Baroo Almasalma. CONTRIBUTED

by February 2016. They're still waiting.

So in January, Gillis packed her bags and headed to Israel, hoping to pop over to Jordan to see the family. A connection through a friend on Facebook helped her navigate the streets and track them down.

The dad, Mouad Almasalma, thought someone was coming to his door to tell him his application was rejected.

"I got out of the car and the look on his face, it was amaz-

ing, it was so cool," she said.

Both Mouad and Maha are university educated and had enough English to communicate easily. The kids Susu, 2, and Baroo, 3, took a little effort to warm up.

Gillis showed them pictures of their Halifax apartment — full of toys, Arabic books, furniture and even pictures on the wall — waiting for them.

By the end of the week, Gillis had fallen in love with the family and was deeply worried they might be denied entry to Canada.

"Mouad just looked at me and said, 'Stephanie we'll be OK. I don't want you to worry about us.' I just started crying because they have been through so much and lost so much and he's trying to reassure me."

Since she returned to Halifax, Gillis has been pestering the government to get on with processing the application.

"I'm optimistic that they'll come; we just don't know when."

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TUBERCULOSIS EPIDEMIC

Trudeau pledges action

The federal government pledged Thursday to take steps to address the painful historical memories of Inuit who experienced relocations and mistreatment during the tuberculosis epidemic of the 1940s, 1950s and 1960s.

The announcement came after Prime Minister Justin Trudeau sat down with Inuit leaders and signed a joint declaration in Iqaluit — his first visit to the territories since the 2015 election — committing to multiple future meetings.

There is a lot of work left to address the unique social, cultural, economic, and environmental issues Inuit face every day, but progress is being made, Trudeau said.

"The Inuit-Crown partnership committee will play an important role as we take action on the priorities that matter to Inuit and Canadians," he said.

The hard part begins now, said Natan Obed, the president of Canada's national Inuit organization.

THE CANADIAN PRESS

2017 COROLLA LE CVT



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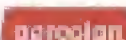
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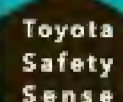
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Court won't bring back Muslim ban

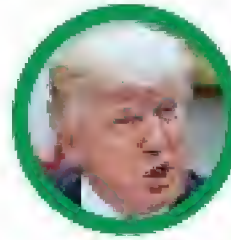
POLITICS

But it's not over; Appeal to Supreme Court is likely

A federal appeals court refused Thursday to reinstate President Donald Trump's ban on travellers from seven predominantly Muslim nations, unanimously rejecting the administration's claim of presidential authority and questioning its motives.

The panel of three judges from the San Francisco-based 9th U.S. Circuit Court of Appeals declined to block a lower-court ruling that suspended the ban and allowed previously barred travellers to enter the U.S.

The court battle is far from over. The lower court still must debate the merits of the ban, and an appeal to the U.S. Supreme Court seems likely. That



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Mr. President, we just saw you in court, and we beat you.

Washington Gov. Jay Inslee



could put the decision in the hands of a divided court that has a vacancy. Trump's nominee, Neil Gorsuch, could not be confirmed in time to take part in any consideration of the ban.

Moments after the ruling was released, Trump tweeted, "SEE YOU IN COURT," adding that "THE SECURITY OF OUR NATION IS AT STAKE!"

In response, Washington Gov. Jay Inslee, a Democrat

who leads one of the states that challenged the ban, said: "Mr. President, we just saw you in court, and we beat you."

The appeals panel said the government presented no evidence to explain the urgent need for the executive order to take effect immediately. The judges noted compelling public interests on both sides.

"On the one hand, the public has a powerful interest in national security and in the ability

of an elected president to enact policies. And on the other, the public also has an interest in free flow of travel, in avoiding separation of families and in freedom from discrimination."

The court rejected the administration's claim that it did not have the authority to review the president's executive order.

"There is no precedent to support this claimed unreviewability, which runs contrary to the fundamental structure of our constitutional democracy," the court said.

While they did not rule on the merits of the states' argument that the travel ban was intended to target Muslims, the judges rejected the government's claim that the court should not consider statements by Trump or his advisers about wishing to enact such a ban. Considering those remarks, the judges said, falls within well-established legal precedent. THE ASSOCIATED PRESS

INTERNATIONAL RELATIONS

Trump and Trudeau to meet for first time

President Donald Trump will receive Prime Minister Justin Trudeau at the White House on Monday — their first official meeting after weeks of back-and-forth about setting a tangible agenda beyond pleasantries and first-encounter photo ops.

Several people familiar with the planning said uncertainty about the date lingered for a reason: the Canadian side wanted specific results, while the American administration is still busy getting its cabinet confirmed.

The scheduling drama was further fuelled by a spectacular public rift between Trump and the president of Mexico last month, scrubbing plans for a potential trilateral meeting.



Prime Minister Justin Trudeau will meet U.S. President Donald Trump on Monday. THE CANADIAN PRESS

"The president looks forward to a constructive conversation in strengthening the deep relationship that exists between the United States and Canada," said spokesman Sean Spicer.

THE CANADIAN PRESS

Speculation over Palin as ambassador to Canada

Sarah Palin has been governor of Alaska, candidate for vice-president and the butt of countless jokes. Now is she about to become the ambassador to Canada?

On Wednesday, White House press secretary Sean Spicer fuelled speculation when he de-

clined to comment on whether she is being considered.

"Sarah Palin as ambassador?" NDP MP Charlie Angus tweeted. "Well that would show how little Steve Bannon and his pal @realDonaldTrump think of Canada." TORSTAR NEWS SERVICE

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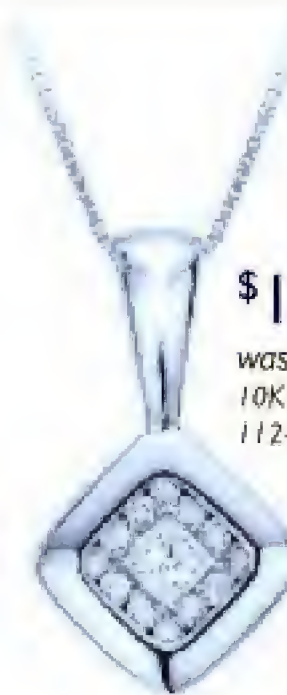
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It's clear now — The already-rich Trumps just want to get richer.

I love shoes. Many times shopping at Hudson's Bay, I've picked up a pair that looked as if it could be something I'd want to wear, if it weren't for some hint of cheapness, the air of a knockoff, the feeling that the shoe was saying to me: "I am exactly your style," but I could sense a lie. Once you got closer, it wasn't quite as elegant. The fabric a tad tacky. The stitching imprecise. In general: less fabulous, more fake. And it was always Ivanka Trump ("").

It's not until numerous people posted images of bland Ivanka Trump wrap dresses on Facebook this week — supporting Nordstrom's claim that it recently dropped her line of women's wear because it wasn't selling well — that I remembered about the shoes. I realized what a perfect metaphor they were for Ivanka herself: now that we've had a closer look, we can spot the fake.

The full extent to which she's misrepresented the women-friendly policies of her business, argued that her privileged childhood was in fact an obstacle she



Ivanka and Melania Trump speak during the presidential inaugural parade. AFP/GETTY IMAGES

overcame in order to become rich, and used her newfound political power to hawk her own products is detailed elsewhere.

But this week, we saw the curtain fall away completely. First, Trump slammed Nordstrom on Twitter. Then Kellyanne Conway, Trump's key advisor, shifted gears from presidential spokesperson to president's daughter's lifestyle brand endorser.

"Go buy Ivanka's stuff," she told the American people on Thursday. "I'm just going to give

a free commercial here: Go buy it today, everybody."

From the beginning, the idea that the Trump family would not try to profit directly from the presidency was as foolish as believing a dog would not try to roll in a pile of s—. But few thought we'd see it expressed so blatantly.

Conway's shopping-channel episode came only days after we learned that Melania Trump was

in fact planning on making wads of cash from being first lady, a

role she appeared to want nothing to do with.

Court documents filed by her lawyers as part of a libel suit against the Daily Mail newspaper argue that she's lost out on a "unique, once in a lifetime opportunity" to "launch a broad-based commercial brand in multiple product categories, each of which could have garnered multi-million dollar business relationships for a multi-year term during which Plaintiff is one of the most photographed women in the world." In other words: She planned to use her time as first lady to get rich(er).

What's important about these two latest episodes of the Trump-presidency-complex is the shameless nature of these claims to self-enrichment. While liberals sit around worrying about whether they're being too paranoid about Trump, or not paranoid enough, his wife, daughter, political advisor and he himself have dropped pretences all together.

You can leave your ethics and morals to the birds and the bees, America. They want money.

GLOBAL DIGEST

UNITED STATES

Cities hit by biggest snowstorm of the winter

The biggest storm to hit the Northeast U.S. this winter dropped a foot or more of snow along the New York-to-Boston corridor Thursday, turning roads treacherous, grounding flights and giving millions of people weather whiplash a day after temperatures soared into the 10s.

Scores of accidents were reported as drivers confronted blowing snow and slick highways. Schools closed in cities big and small, including New York City, Philadelphia and Boston, and government offices told non-essential workers to stay home.

THE ASSOCIATED PRESS

MEXICO

Monarch butterfly numbers drop 27 per cent

The number of monarch butterflies wintering in Mexico dropped by 27 per cent this year, reversing last year's recovery from historically low numbers, according to a study by government and independent experts

released Thursday.

The experts say the decline could be due to late winter storms last year that blew down more than 100 acres (40 hectares) of forests where migrating monarch butterflies spend the winter in central Mexico.

Millions of monarchs make the 5,500-kilometre migration from the United States and Canada each year, and they cluster tightly in the pine and fir forests west of Mexico City.

THE ASSOCIATED PRESS

NETHERLANDS

Prosecutors seek 11 years for alleged cyberbully also charged in Canada

Dutch prosecutors on Thursday sought the maximum possible sentence — nearly 11 years — for a man charged with cyberbullying dozens of young girls and gay men and who is also accused in Canada of sexually extorting Amanda Todd, a 15-year-old girl who later killed herself. Prosecutor Annet Kramer urged judges at a court in Amsterdam to sentence the suspect, identified only as Aydin C., to 10 years and eight months in prison, saying he subjected some of his victims to years of emotional abuse.

THE ASSOCIATED PRESS

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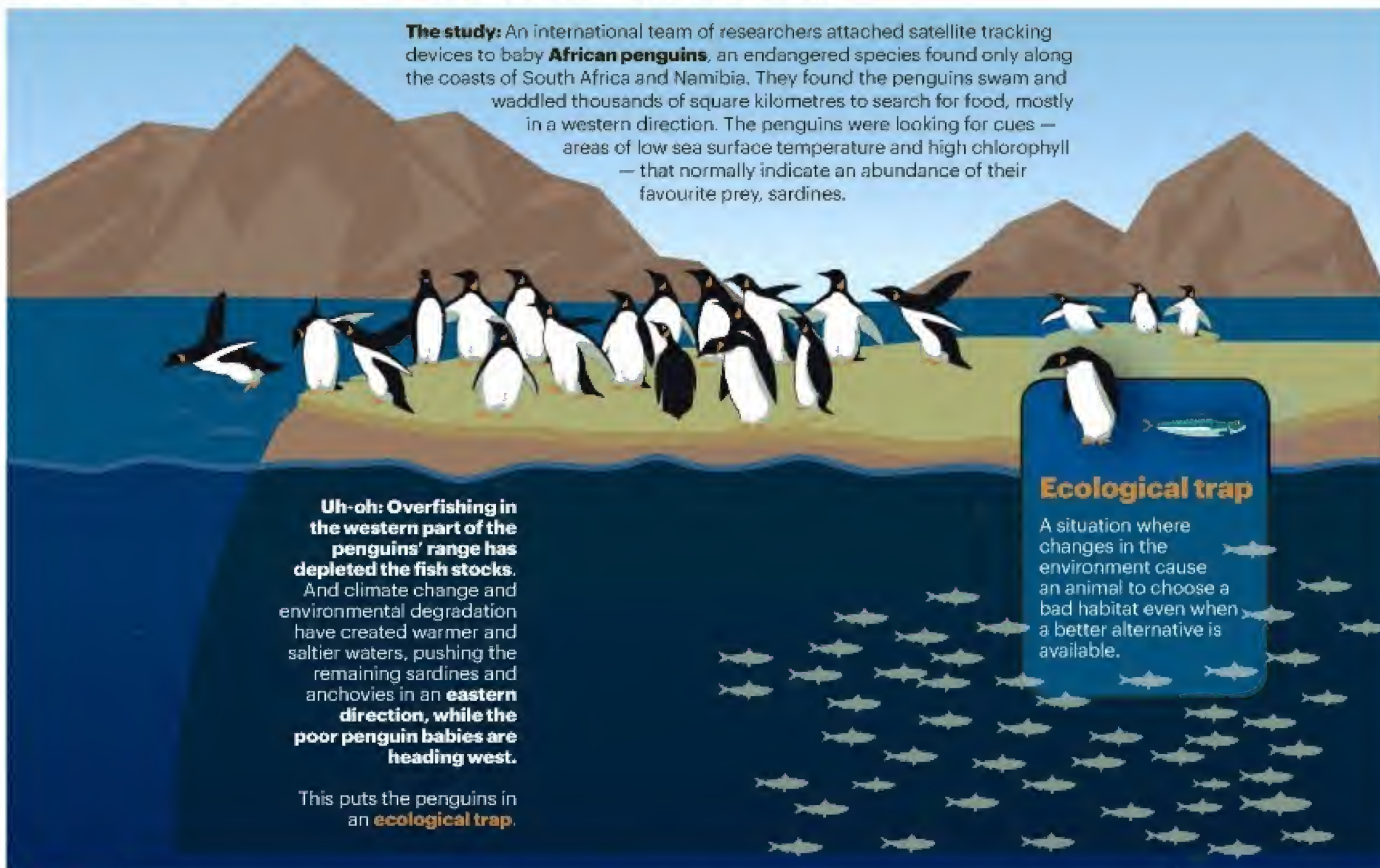
Your essential daily news

From the Department of Duh: Traffic deaths are declining because people are driving less, a new study says

DECODED by Genna Buck and Andrés Plana

DEATH MARCH OF THE PENGUINS

Baby African penguins are in serious trouble. They're toddling off into the sunset looking for food, but heading in the wrong direction. Humans have messed up their habitat, so their favourite snack, sardines, isn't where it's supposed to be. The breeding population in the hardest-hit areas is about half of what it should be. **They're stuck in a trap. Here's why.**



FINDINGS

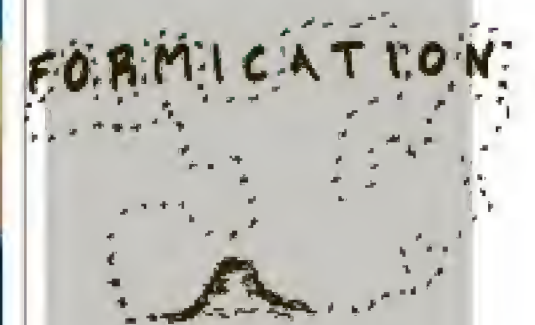
Your week in science



SHIFTING FERTILITY

FACTS jobs with a lot of manual labour or anti-social hours such as night shifts may negatively affect women's fertility, a new study says. Women doing these types of work tend to have fewer eggs and fewer mature eggs.

SOUND SMART



DEFINITION

Formication is the feeling of ants crawling all over your body. Most often, it's the result of a common **tactile hallucination** (the ants aren't real, the problem is psychological).

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Keanu cashing in on charisma

IN FOCUS

Unpredictable Reeves returns as John Wick to confound again

Richard Crouse

For Metro Canada



This weekend one of the most multipurpose and enduring movie stars of the past thirty years returns to the screen. Kevin Spacey? No. Daniel Day-Lewis? Na'ah. Gary Oldman? Nyet. It's Keanu Reeves.

Wait! Isn't he the guy critics love to hate? That Reelviews said was, "an actor of exceptionally limited scope" just as the Daily Mail called his performance in Constantine an "impersonation of a sleep-walking plank"?

Yes, one in the same. He's The Matrix's Neo, the Ted of Bill & Ted's Excellent Adventure and Point Break's Johnny Utah.

This weekend he's the title character in John Wick: Chapter 2, a down-and-dirty noir and follow-up to the original 2014 hit.

The actor's latest incarnation represents another reinvention in a career spent keeping audiences guessing. He's gone on existential journeys, wooed Diane Keaton and played a peaceful extraterrestrial ambassador but Wicks is something else again.

The Wick movies are set in an alternative world of assas-

sins where hit men and women are paid in special coins, stay in exclusive hotels — with killer views no doubt — and speak in a strangely formal way.

They see themselves as professionals with a civilized code of conduct... except that there is nothing civilized about the work they do. In the first film Wick was an assassin so tough he didn't bother to take off his gore-soaked shirt when beginning his bloody quest for vengeance.

John Wick, the movies and the character are blunt, über macho instruments, brought to life by Reeves in a performance that cripples the argument Today.com made that he is simply a "reciter of dialogue." First of all there is very little dialogue.

The opening fifteen minutes of the first film is essentially a silent movie kept interesting by Reeves's action hero charisma. Unlike Meryl Streep he can't do accents and he doesn't have the range of some of his former co-stars like Oldman but what he does have is presence.

At his best Keanu understands how to be on screen. Author Bret Easton Ellis said that Reeves "is always hypnotic to watch," and

what is a movie star if not someone you can't take your eyes off?

The Wick movies cap a busy and unpredictable time for the actor. After Speed and The Matrix he could have stuck to action films and made a career running jumping and kicking people. Instead he diversified, jumping from romances like Sweet November to crime dramas like The Watcher to The Replacements, a sports comedy.

From studio movies to indies he is unpredictable in his choices, defying expectations. Take his erotic horror thriller Knock Knock for instance. He plays a man held captive in his own home by three female home invaders. It's not a remarkable movie — I called it "deeply unpleasant" in my review — but what makes it interesting is Keanu's character's complete inability to protect himself. Most A-listers wouldn't allow themselves to be portrayed as such easy prey but Keanu relishes the chance to upend our view of him.

For sure Reeves has made some bad movies and even been bad in some movies but that sometimes happens when actors don't play by the rules.



Keanu Reeves returns as the title character in John Wick: Chapter 2. GETTY IMAGES



MOVIE RATINGS by Richard Crouse

Fifty Shades Darker ★
The Lego Batman Movie ★★★
John Wick: Chapter 2 ★★★★
Paterson ★★★★★

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From the bookshelves to box office successes

Pop-culture expert Angela Watercutter recently stated that we're "arguably in the midst of the golden age of book adaptations." She seems to be right. With the Academy Awards approaching, it's worth noting over half of the Best Picture nominees were adapted from literature. And it won't end at the Oscars – 2017 looks flush with dozens of films ripped from the pages of pulp.

STEVE GOW/FOR METRO

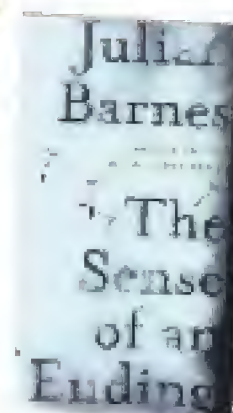
A Man Called Ove

Sweden's biggest book export since *Girl with the Dragon Tattoo*, this Fredrik Backman best-seller about a grouchy old widower who reluctantly befriends the family next door after they run over his mailbox has certainly proven adept as an adaptation — it's become the Nordic nation's third biggest local feature and is also up for a Best Foreign-Language Film Oscar at this year's awards. **Out Feb. 17**



The Sense of an Ending

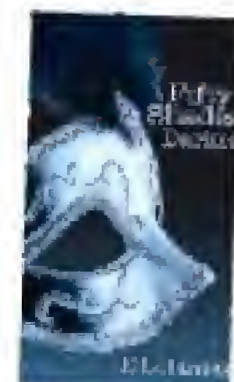
Julian Barnes's novel about the fallibility of memory has attracted two of the world's top acting legends (Oscar-winner Jim Broadbent of *Iris*, Bridget Jones's *Diary*, and Charlotte Rampling of *TV's Dexter*, *Swimming Pool*) and with good reason: The acclaimed story of a man confronted by his past after he is willed a diary won the esteemed Man Booker Prize in 2011. **Out March 17**



Jamie Dornan and Dakota Johnson return this weekend for *Fifty Shades Darker*, the second screen adaptation of a trilogy that sold over 100 million books. CONTRIBUTED

Fifty Shades Darker

Although the first cinematic version of E.L. James's erotic trilogy was dogged by bad reviews, this sequel still has fans frantic to see Dakota Johnson back as Anastasia Steele, the young woman who plunges into sexual mischievousness with a BDSM-obsessed businessman. Like the reluctant protagonist, the series seems to secretly desire being spanked by the critics even as it draws crowds. **Out Feb. 10**



Beauty and the Beast

While Disney turned this tale iconic with an animated blockbuster in 1991, the original source material was Gabrielle-Suzanne Barbot de Villeneuve's 18th Century fairytale about a young girl imprisoned in the castle of a hideous monster. Now Disney revives the classic romance with a star-studded live-action adaptation that features Emma Watson as the beautiful Belle who bewitches the Beast. **Out March 17**



The Zookeeper's Wife

With this hit 2007 best-seller from Diane Ackerman, Kiwi filmmaker Niki Caro returned to the familiar female narrative that launched her career in 2002 with international hit *Whale Rider*. Based on the diaries of Antonina Żabińska, this incredible wartime story recounts how Żabińska and her zoologist husband rescued over 300 Jews during the invasion of Poland by hiding them in animal cages. **Out March 31**



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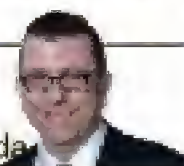
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INTERVIEW

Cera as a cartoon sidekick

Richard Crouse
For Metro Canada



You can take the boy out of Canada but you can't take Canada out of the boy. When I meet with Brampton, Ont.-born Michael Cera to chat about his new project, *The Lego Batman Movie*, he's having lunch, eating a Waldorf salad.

The 28-year-old began his career in Canada with a Tim Hortons summer camp commercial before decamping to the United States, finding fame with *Arrested Development* and a string of successful movies like *Superbad* and *Juno*, but has retained his disarming Canadian politeness.

I walk in, he jumps up. "Do you want anything? Cheese? A coffee? How are you doing?"

Declining the snacks and coffee I ask him about the two-year process of recording vocal tracks to play half of the *Dynamic Duo*, Batman's ward Dick Grayson, a.k.a. Robin.

"You are only focussed on your voice," he says on the difference between live action and animation.

"As far as improvisation goes, it was very loose on this. The script is good and he jokes at work and everything ... you feel encouraged and take chances."

The *Lego Batman Movie* is part parody, part homage to the Batman origin story. When we meet Batman, played by Cera's former *Arrested Development* co-star Will Arnett, he may have outlived his usefulness as Gotham's main do-gooder.

What does a Caped Crusader do when the city no longer needs a vigilante crime fighter? Alfred Pennyworth, the superhero's loyal butler and legal guardian suggests, "It's time to face your greatest fear, being part of a family again." Enter Dick Grayson.

"There's a great foundation there," Cera says about Batman's backstory. "I think the reason Batman keeps getting rehashed is because it is a great core story with this great character and the world around him. There is a lot to play off of in that."

It sounds heavy, but this isn't Christopher Nolan's long dark night of the superhero soul. "The best thing I can say



Michael Cera as Robin in *The Lego Batman Movie*. HANDOUT

about the tone is that it is a little like Chuck Jones," Cera says. "Joke. Joke. Joke. It has that kind of rhythm."

Cera's willingness to be irreverent with the Batman mythology isn't a lapse of manners — he is Canadian after all — it's because, "I'm not an overly enthusiastic Batman fan. I didn't grow up with the comics. Comics just didn't land with me. I was really into cartoons and Nintendo. That was where my head was at. I loved watching the Batman movies but I don't live and breathe it for some reason."



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Give the gift of a shared experience

DAY FOR LOVE

Time together can make up for all that time spent apart

Tanya Enberg

When Valentine's Day traditions start feeling a little worn out, skip the card and flowers in exchange for something less conventional.

Doing so could be your best bet for success this Feb. 14.

According to Toronto psychotherapist Nicole McCance, what many people really want could surprise you.

"There's a lot of pressure, especially on men, to buy something, but most of my couples tell me that life is so busy and what they are really craving is an experience," says McCance.

"They want the gift of time."

To make the day special, while boosting connectedness and in-

timacy in your relationship, it helps to know how your partner best receives the message of love, says McCance referring to Dr. Gary Chapman's Five Love Languages, which identifies the fundamental ways in which people feel nurtured in relationships.

For some, a gift does the trick, while for others, receiving a new pair of earrings could be a total bust, depending on the love language they speak.

According to Chapman, some desire affirmation (being told I love you or given a compliment, for example), whereas others appreciate acts of service (such as cooking, taking care of the laundry, or washing the dishes); physical touch, or the aforementioned gift of quality time, the latter of which is characterized by focusing your attention on each other and not, say, the television.

Thoughtful gestures, however small, can pack a really big punch.

"Life gets so crazy we begin to associate our partner with stress," explains McCance, adding relationships risk losing the



Plan a day out doing something different together. You'll enjoy time one on one and have the memories go with it. iStock

lustre amid daily demands, such as "who's doing pick-up and drop-off (of the kids)."

To create an enriching occasion tailor-made to your loved one, consider what they com-

plain about, she suggests.

"For instance, if she says you're never home or you never touch me, do the opposite. Once the kids are in bed, put on some romantic music and give her a

+ ALTERNATIVE VALENTINE'S DAY IDEAS

1. Travel: Whether single or paired up, day trips, overnight stays, or even exploring a neighbourhood in your own city can be a fun adventure that shakes up a daily routine.

2. Volunteer: Choose an organization dear to your heart and give it the gift of time.

3. Get outdoors: Go sledding or ice skating and then warm up with cups of hot cocoa.

4. Play host: Organize a potluck gathering for family and friends.

5. Be creative: Make a DIY gift, such as a scrapbook or mixed CD, or pen a hand-

written love letter.

6. Make a grand gesture: Plan a nostalgic outing to the place you first met or had your first date.

7. Get clean: Hire a house cleaner to help scrub away the to-do list.

8. Perfect Pillow talk: After letting your sweetheart enjoy a nice long sleep in, surprise them with breakfast in bed.

9. Heat up the kitchen: Try cooking a new recipe or baking something sweet together.

10. Celebrate all love: Go for a walk with a good friend, or reach out to someone you know is struggling.

sensual massage. And that's free. Make a homemade greeting card letting her know how special she is. Be curious, be complimentary. This is someone you share your life with. Remember how curious you used to be about them?"

Also, a shared experience promotes closeness and offers multiple rewards.

"You have the anticipation of it coming, then you enjoy the day, and then you have the memory of it," says McCance.

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Gadgets that bring you closer together

Does your love life need a bit of a boost? While it might be the last thing you had in mind, the latest tech might just be what the (love) doctor ordered.

In fact, the right gadgets may just add some techitelement to your relationship, to help rekindle the flame between you and your partner.

Before you poo-hoo the proposition, consider the following examples of how a techy gift might do the trick this Valentine's Day.

Headphone splitter

Consider it a romantic way to split up: the Belkin Headphone Splitter (\$26, Amazon.ca) lets two users listen to the same songs at the same time.

Simply plug this black or white splitter into your phone, tablet or laptop — perhaps while lying together on the couch or beach or while taking a stroll around the neighbourhood — and then two sets of headphones or earbuds can be



SONY ALPHA A5000 CAMERA

inserted into the twin 3.5mm headphone jacks.

Stellar camera

Give the gift of captured memories with a premium camera — but without the premium price.

The Sony Alpha A5000 mirrorless camera with E PZ 16-50mm zoom lens (\$529.99, Best Buy) delivers DSLR quality

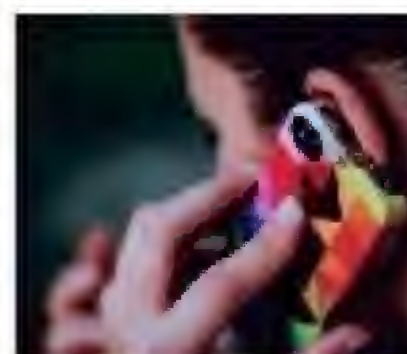
in a compact form factor, plus this 20.1-megapixel camera features integrated Wi-Fi connectivity to instantly share your images with the world, via a nearby smartphone.

Decorative skins, cases

Decorate your better half's smartphone, tablet, e-reader or laptop with hundreds of different designs to personalize their gear. Gelaskins (from \$16, gelaskins.com) are high-quality skins that affix to your favourite digital devices, to give them some unique flare.

You can also download free, matching wallpaper to display behind the icons. There are also fitted Gelaskins smartphone cases (from \$20, gelaskins.com). A percentage of each sale goes to the artist,

plus you can upload your own design to create a custom, one-of-a-kind skin, such as a family photo, a couples' portrait, or while not romantic, a favourite sports team's logo.



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Caution: the genius, all-ages foolproof **Charlotte Tilbury Instant Seductive Beauty Palette** could lead to suddenly mesmerizing sultry and smoky gazes at any time. \$85 at charlottetilbury.com.



Isn't she lovely?

Valentine's Day look-great gifts for your best girl

Janine Falcon

A lovely complex of glow-boosting sweet almond, rosehip and rose geranium oils, **Pixi by Petra Rose Oil Blend Nourishing Face Oil** is a big deal in part because Canadian women are so thrilled at the brand's long-awaited return (it had been a Target Canada exclusive). \$34 at Shopper's Drug Mart.



Thinking about sweet treats for your lady? **Squish Candy Kiss Kiss** fruity lip-shaped gummies are delicious and addictive. You've been warned. From \$6 at squishcandies.com.



Charm her with a delightful **Olivia Burton Painterly Prints Hummingbird** time-piece, or a sparkling **Pandora Pavé Drops earrings**. Watch, \$199 at Holt Renfrew and Hudson's Bay. Earrings, \$140 at Pandora stores and pandora.net.



Spring's gorgeous **Lancôme La Rose A Poudrer** is another breathtaking way to put a rosy flush in her cheeks. \$79 at Shopper's Drug Mart.



An ideal size for her evening clutch, the **Diptyque Rosa Mundi Eau Rose Roll-On** is the perfume house's much loved juicy, fruity rose scent in limited-edition packaging by French domino paper company Antoinette Poisson. \$65 at Holt Renfrew.



Invest in future kisses with hydrating gel lip masks to plump and condition, plus a new lip colour she'll enjoy taking out of her purse. **Patchology Flash-Patch Lip Gels**, \$60/24 patches at beautyboutique.ca; **TheFaceShop Cherry Cherry Lips Modeling Gel Patch**, \$4 each, thefaceshop.ca for locations; limited-edition **Clinique Chubby Stick Moisturizing Lip Colour Balm**, \$21 at Hudson's Bay, Sephora and clinique.ca.



Love running your hands through your sweetheart's hair? **Kerastase Elixir Ultime Bain Elixir Ultime Cleansing Oil** turns up the shine and silky softness — throw in leisurely scalp massages and she'll be yours forever. \$68 at kerastase.ca.

Go around the world this Valentine's Day.

February 10 to 14, enjoy a special four-course dinner with dessert, just \$90 per couple, with an optional discounted room rate at the Grand Winnipeg Airport Hotel for the evening.

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Janine Falcon



All about silky skin and setting the mood, the **Saje Tantra Sensuous Kit for Lovers** — mist, massage oil, bath salts and candle — is for you both, however you decide to share. \$39.95 at saje.com.



For fans of a freshly smooth jawline, the **Gillette Fusion ProShield Kit** delivers a comfortable shaving experience and closest-ever results. \$28.94 at Walmart.

A fresh, green and earthy saunter along a cool, leafy forest trail, **Commodity Moss Eau de Parfum** goes with that soft flannel shirt he just tossed on the chair. From \$28 at Sephora.



The sleek **Neramente Swatch** watch will look great on the bedside table, too. \$175; swatch.com for retailers.

Date night run late? The morning after, **Jack Black Eye Balm De-Puffing & Cooling Gel** won't let sleepy eyes belie the pep in his step. \$29 at getjackblack.ca.



Biotherm Homme Aqua Power moisturizer is a morning pick-me-up for his skin. \$35 at biotherm.ca.



A blend of epsom salts, arnica oil, green clay and avocado oil, the **Consonant Muscle Relief Bath Bomb** is a soothing, relaxing post-workout boon. \$9 each at consonant-skincare.com.



Low-shine moisturizing balm will help keep his lips in good working order. **SkinCeuticals Antioxidant Lip Repair**, \$44 at medispas and dermatologist offices nationally. **Bite Agave Lip Balm**, \$20 at Sephora.

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A driving force in creating positive social change

Mike Cunningham isn't only interested in seeing his customers drive away in the right car — he's committed to helping drive positive social change through donating his own money both in targeted campaigns and through random acts of kindness.

Cunningham, who describes himself as a true one-stop shop for any make or model at Jim Gauthier Chevrolet, is combining commerce with caring in unique ways.

He supports organizations like Winnipeg Harvest, and is donating \$1,000 to the Children's Hospital of Winnipeg and the Siloam Mission.

"I have a family of three kids myself and I was raised by a single mother and spent a lot of time in the Children's Hospital due to asthma," he says. "The car business has been very good to me and now I'm in a new position where I have the means to give back."

Cunningham's position at Jim Gauthier Chevrolet is unique in that he's able to oversee the entire car buying process, from cus-

tomers interest to financing. He's also able to market in different ways and believes that corporate compassion is at the core.

"I started #PayitForwardFridays and last week I stopped and filled up someone's gas tank," he said, adding that he posts videos on his site mikeyourcarguy.ca. He's hoping to encourage others to share their pay it forward activities online as well.

"I got tired of seeing so much negativity on my Facebook newsfeed," he says. "So I thought about how I could use social media better and challenge others too. I would like to change how people are using social media."

Cunningham said he sees the irony in a car salesman committed to charitable efforts, but he's hoping that perhaps his efforts can reduce some of the negative stigma in the industry.

"Car dealers, looking from the outside, you don't get a warm, cozy feel," he said. "Too often they're seen as not treating customers the right way and working only in



CONTRIBUTED

their own interests."

Though the motivation is clearly to do good in the community, Cunningham's focus on positivity and affecting social change appears to be having some ancillary benefits.

"I get 80 to 90 per cent of my clientele come from referrals and social media (@

mikeyourcarguy). Clients say, 'We really like how positive your videos are,'" he says. "I believe in karma and if you put out good things, that reflects on you."

"People have changed how they shop for vehicles and I believe it's time the car business changes how we sell them"

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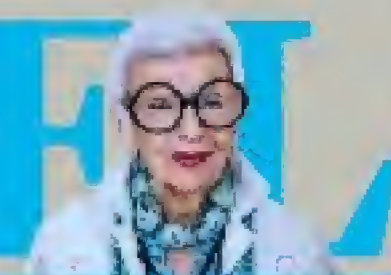
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Eco-tours on the Island of Enchantment

For those seeking more than your typical sand and surf getaway, Puerto Rico provides adventure. Yes, it has beautiful beaches and that golden Caribbean sunshine, but treks through lush rainforests and bioluminescence tours will take your usual island vacation up a notch. KAREN KWAN/FOR METRO

Scale to new heights

Get your feet wet, literally. For an immersive experience, hook up with Ecoquest Adventures and leave your favourite kicks in your hotel room, because this is no walk in the (rainforest) park.

At times you'll be more than knee deep in the Turabo River as you make your way up a mountain in the Carite state forest. And the descent is no letdown: it's one exhilarating rappel — with safety harness on, of course — down a waterfall, immediately followed by five ziplines that bring you back to the base.

There you're welcomed back with a comforting home-



cooked lunch prepared by the Figueroa family, who've resid-

ed here since before the forest became a reserve.

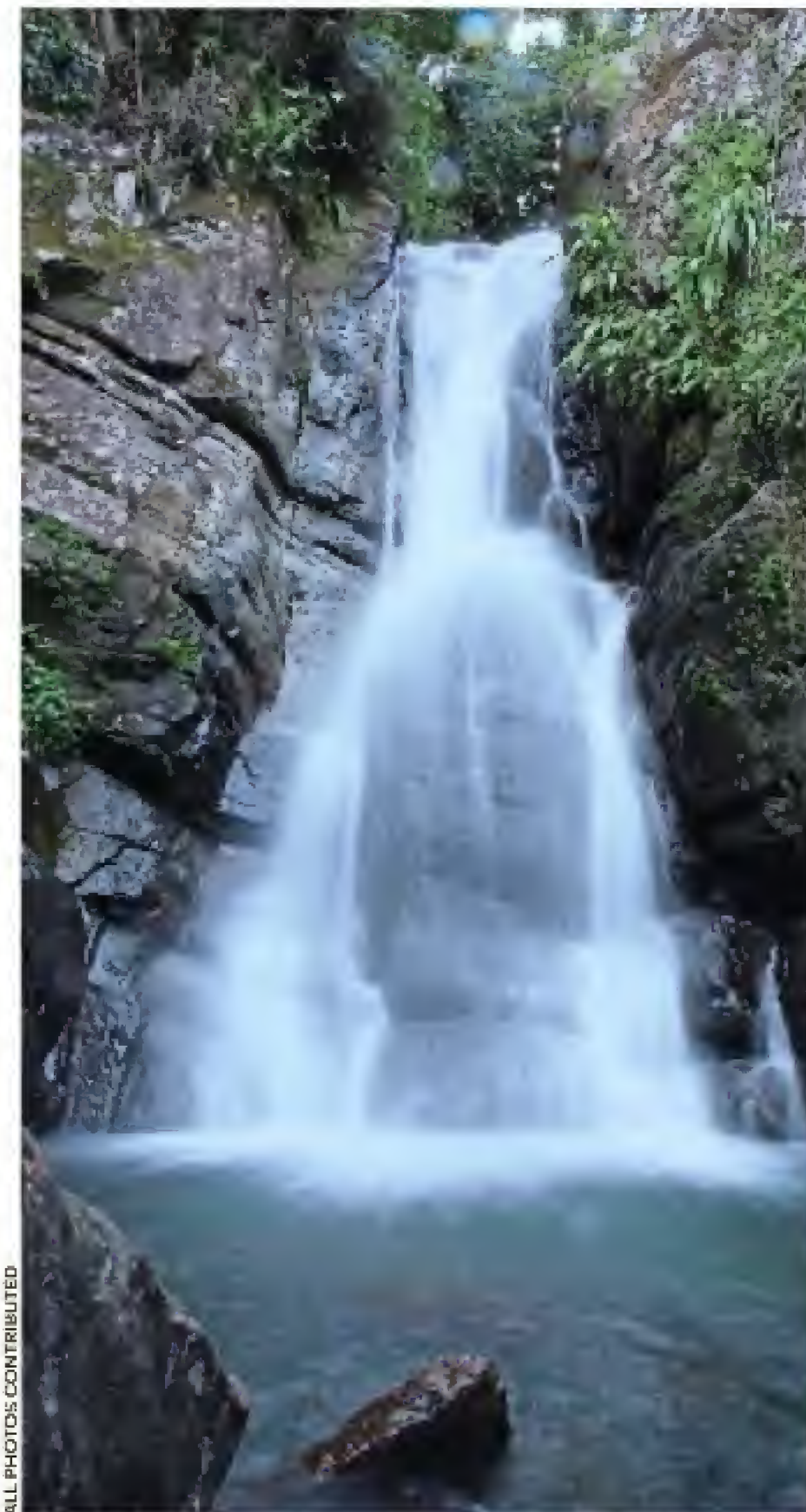
Explore a neighbouring island

For a crystal clear water and virtually untouched beaches, book a boat tour to take you to Culebra or Culebrita.

Tip: If you're motion sickness-prone, take your meds beforehand as strong waves will rock the boat along the way.

For a change from the beach scene, get your tropical rainforest fill at El Yunque, one of the oldest reserves in the Western Hemisphere, dating back to 1876. Its name is derived from the word yuquiye, which stands for white lands, given the forest of clouds just above the peaks. More than 1.5 million people visit this lush rainforest annually so you'll be rubbing elbows with plenty of fellow turistas.

The company is worth it for the chance to take in 240 native tree species (but thankfully no dangerous animals, snakes or insects), climb the 98 steps up Yokahu Tower to an elevation of 1,575 feet for the view and get a refreshing cool-down from by the mist of Juan Diego waterfall.



ALL PHOTOS CONTRIBUTED



Nighttime adventure

A quiet paddle on a kayak through a mangrove in inky black darkness, cocooned by branches overhead. This start to the bioluminescent bay tour is enough to make you feel at one with nature. Soon enough, you enter Laguna Grande, and here is where — with a sweep of your hand into the warm water — you're rewarded with sparkles of light. This magical fairy dust, it's thanks to the heavy concentration of plankton in the bay, and this bay in Puerto Rico's Fajardo region is one of the rare places in the world you can have this enlightening experience.

Tip: For the best views, aim to book your excursion on a night without moonlight and avoid going out after a heavy rainfall as both impact how much of a glittery glow you can see.

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Four Seasons Toronto is organizing the global expedition. TAIRA WALTON/TORSTAR NEWS SERVICE

LIFESTYLES

Four Seasons Toronto teams up with Noma's co-owner

Most travellers have a budget for food, hotels and souvenirs and do their best to stick with it. And then there are those with

the deepest of deep pockets.

It's the latter that Toronto-based Four Seasons has in mind with its latest offering: a 19-day culinary-themed jaunt across Asia and Europe with opportunities to nosh in Michelin-starred restaurants, discover street food and go on chef-led market tours.

Price tag: \$135,000 US per person. That's double occupancy. If you're hoofing it on your own you'll have to cough up the

\$12,000 single supplement.

Destinations on the itinerary include Seoul (the starting point), Tokyo, Hong Kong, Chiang Mai, Mumbai, Florence, Lisbon, Copenhagen and Paris.

An elephant trek in northern Thailand, a private viewing of Michelangelo's David in Florence and a foraging experience in Denmark are also part of the package. Air travel is aboard the Four Seasons private jet and ac-

commodations are at the chain's luxurious hotels and resorts.

Four Seasons, which partnered with Copenhagen restaurant Noma and co-owner Rene Redzepi to develop the May 27 to June 14 trip, says it is also tossing in a special gift: complimentary business-class airfare from each guests' home city to Seoul and back from Paris, up to \$5,000 US per person.

THE CANADIAN PRESS

TRAVEL NOTES FROM HAWAII TO DISNEY AND THE GRAMMY MUSEUM

Hot spot: Hawaii

State economists are forecasting the number of visitors to Hawaii will rise 1.5 per cent this year.

The state Department of Business, Economic Development and Tourism said about 9.1 million travellers are expected to visit.

Construction, tourism and health care fueled job gains, helping drive the unemployment rate down to 2.9 per cent in December. THE ASSOCIATED PRESS



Hawaii ready for sixth straight year of record tourism. ISTOCK

Star Wars-themed parks break ground

Disney CEO Bob Iger says the company will open its Star Wars-themed lands at California's Disneyland and Florida's Walt Disney World in 2019.

The 14-acre attractions are under construction at the parks. Disney says the lands will include attractions and entertainment alongside aliens and droids. The attractions represent the parks' largest single themed land expansion ever.

THE ASSOCIATED PRESS



Bob Chapek, chairman of Walt Disney Parks and Resorts. AP

Grammy Museum coming to East Coast

The Grammy Museum is planning a location in New Jersey.

Officials announced plans for the 8,000-square-foot Grammy Museum Experience at the Prudential Center arena. The Newark museum will include a section devoted to New Jersey artists including Whitney Houston, Frank Sinatra and Bruce Springsteen, along with an area that will simulate performing live onstage.

THE ASSOCIATED PRESS



Whitney Houston. GETTY IMAGES

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Stilwell goes out second to none

PARALYMPICS
Wheelchair racer won numerous world titles

A second-place finish at the Paralympic Games marks a super-human effort for most people, but winning a silver in London wasn't good enough for Michelle Stilwell.

She says the silver in the 100 metres wheelchair race at the 2012 Games was a career low point.

Stilwell, one of the world's most decorated Paralympic athletes and the first Canadian Paralympian to win gold in two different sports, announced her retirement Wednesday night after a stellar athletic career, winning seven Paralympic medals, including six golds, and numerous world championship titles.

"Most people would say, 'How can you not be happy with a silver medal?'" Stilwell said in an interview before her announcement. "But when you know you are capable of achieving gold and you come back with silver, knowing it was 100 per cent your fault and after 1,760 days of preparation for a less than 20-second event, it's hard to take."

She said she slipped at the start of the race and it cost her



Winnipeg native Michelle Stilwell won Paralympic gold medals in wheelchair racing and basketball. ALEXANDRE LOUREIRO/GETTY IMAGES

the gold medal.

"In 100 metres you need to be focused and my head wasn't where it needed to be," said Stilwell, who is also the Liberal member of the B.C. legislature for the Parksville-Qualicum riding on Vancouver Island and a member of Premier Christy Clark's cabinet. "I let my country down.

I let my family down. I let my supporters and sponsors down. That's hard to carry."

But Stilwell, 42, was back on top of the podium last summer, winning two gold medals at the Rio Paralympics. She won in both the 100 metres and 400 metres.

Nothing could be sweeter at that moment than hearing "O

Canada" and having the gold around her neck, she said.

Stilwell, her voice cracking, said the victory marked her last stand in a career where she approached every race as if it was her last.

"Over Christmas, I actually for the first time went on a family vacation that wasn't sport related," she said. "I actually got to spend time with my boys and enjoyed those moments and realized that is something I want to do more of." THE CANADIAN PRESS

2018 WINTER OLYMPICS

Canada forecast to win 29 medals

An analytics company predicts a big Winter Olympics for Norway and says Canada will finish fourth in total medals won next year in Pyeongchang, South Korea.

The U.S.-based sports and entertainment data company Gracenote has Norway topping its virtual medal table with a whopping 40 medals, including 15 gold, which would both be a Winter Games records.

The current highs are Canada's 14 gold and the 37 medals won by the United States in 2010 in Vancouver and Whistler, B.C.

Canada is projected to collect 29 medals — nine gold, nine silver and 11 bronze — behind Germany with 34 and the U.S. at 32 in Pyeongchang.

France is pegged to post its best performance, tying the U.S. for gold with 10 and Russia at

22 medals.

The 2018 Winter Olympics open Feb. 9 and close 16 days later.

With a year to go, The Canadian Press forecasts 28 medals for the Canadian team (eight gold, 10 silver, 10 bronze).

Those who run Canadian sport are waiting until after world championships conclude to declare the country's goal for Pyeongchang.

Finishing first in total medals won was the target in both 2010 and 2014, when Canada won 26 medals for third and 25 for fourth, respectively.

Canada ranks third among countries in gold medals (31) and total medals (116) so far this winter sport World Cup season behind Germany (64, 163) and the United States (45, 126).

THE CANADIAN PRESS

240

The COC expects to send a team of approximately 240 athletes to Pyeongchang.

CFL IN BRIEF

Bombers bolster defensive line by signing Okpalaugo
 The Winnipeg Blue Bombers signed defensive end Tristan Okpalaugo to a two-year contract Thursday.

The six-foot-six, 250-pound American returns to the CFL after signing with the NFL's Arizona Cardinals last year. He spent two seasons with the Toronto Argonauts, registering 22 sacks. THE CANADIAN PRESS

Riders coach denies working out Manziel
 Saskatchewan Roughriders head coach Chris Jones has denied a report that the Saskatchewan Roughriders illegally worked out quarterback Johnny Manziel.

The former Heisman Trophy winner remains on the negotiation list of the Hamilton Tiger-Cats, which gives them CFL exclusivity to him. THE CANADIAN PRESS

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DLR A0538

Maurice glad Pavelec was cautious

NHL

Jets goalie left ice against Wild, could be back in a week

Winnipeg head coach Paul Maurice has no problem with Jets goaltender Ondrej Pavelec's decision to pull himself from a game.

Pavelec headed to the bench six minutes into the second period of Winnipeg's 4-2 loss to the Minnesota Wild on Tuesday. He didn't return because of an undisclosed lower-body injury. Fortunately for the Jets, Pavelec might not be gone for long.

"We're hoping we can rehab this in a week," Maurice said after Thursday's practice. "Things have to go right kind of at each stage of this week, but we're hoping it'll be about a week." Pavelec made his eighth start in nine games (4-4) since being re-

called from the American Hockey League's Manitoba Moose on Jan. 17. Less than a minute after Winnipeg scored to cut Minnesota's lead to 3-1, Pavelec left the ice.

Maurice said he didn't see what happened to Pavelec but appreciated the 29-year-old's self-evaluation. "I didn't see the problem on the incident. He didn't feel it," Maurice said. "But as a few minutes go by, it starts to stiffen up a little bit."

“It's a veteran call. I would prefer our goalies got out right away on any of those...”

Jets' coach Paul Maurice

"It's a veteran call. I would prefer our goalies got out right away on any of those because if they're at all focused on any part of their body, they're not going to be as good as they need to be. I'm glad he did because those things can just go south on you real fast, so instead of a hopeful week (of recovery) then you're into months."

Sophomore Connor Hellebuyck replaced Pavelec and stopped all 10 shots he faced. Hellebuyck



Jets goalie Ondrej Pavelec stretches to stop a shot against the Wild before he left the game injured on Wednesday night at MTS Centre. TREVOR HAGAN/THE CANADIAN PRESS

was already slated to get the start Friday when Winnipeg (25-27-4) hosts the Chicago Blackhawks (33-17-5). The 23-year-old had played in 34 games before Pavelec was recalled. He last started Jan. 26 against the Blackhawks and picked up his fourth win this season against the familiar foes. When Winnipeg recalled

Pavelec for the first time since sending him to the minors after training camp, Maurice said Hellebuyck could use the extra time to work on his game and get some needed rest.

Hellebuyck, who's 17-13-1 with a 2.78 goals-against average and .909 save percentage, said he focused on the finer de-

tails of his job and likes where his game is at. He also benefitted from some rest.

"You don't even realize how mentally and physically grinding it is because every day you're just continuing on," said Hellebuyck, who'll be backed up by Michael Hutchinson on Friday. "And then when you kind of

recover from it, then you kind of feel yourself like, wow, this is what good feels like."

Maurice has seen a difference in Hellebuyck since his break from the crease. "His stance is a little different in the net, a little more aggressive, a little more confident and looks a little fresher," Maurice said. "He looks mentally like he's sharp."

"He's really moving in net. He's back barking at guys in practice. That's not the right word, but chirping might be. And that's always a sign of a confident guy. He looks a little refreshed, and probably a little bit hungry."

During practice, Maurice continued with the different defensive pairings he had tried against the Wild. He put Dustin Byfuglien with fellow veteran Toby Enstrom instead of rookie Josh Morrissey, who was moved with Jacob Trouba. Maurice said those pairings had been on his mind for a while.

"The two young defencemen were playing very, very well, so we just kept leaving it, leaving it," Maurice said. "But we'd always kicked around the idea."

THE CANADIAN PRESS

NBA

Former Knick Oakley denies any wrongdoing to force ejection

Charles Oakley maintains he did nothing wrong before he was surrounded by Madison Square Garden security officials.

Something has happened, though, to turn him from popular player to persona non grata

within his former franchise.

Oakley Thursday blamed his strained relationship with the New York Knicks and owner James Dolan for the altercation that led to his ejection and arrest from the Knicks' 119-115 loss to the Los Angeles Clippers

on Wednesday.

Oakley said during an ESPN Radio interview that he had been in his seat for just a few minutes when he was surrounded by security, denying that they approached him after he shouted at Dolan.

"Now I'm four rows from this guy, so I'm going to walk in this place and just start hollering, 'James Dolan! James Dolan!' I mean, that's embarrassing, man. I did not do none of that," Oakley said. "I didn't know the man was sitting in

front of me at first until they walked over there."

But the Knicks said the former Raptor was causing trouble Wednesday even before security reached his seat.

"There are dozens of security staff, employees and NYPD

that witnessed Oakley's abusive behaviour," the team said in a statement.

THE ASSOCIATED PRESS



Charles Oakley
GETTY IMAGES

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PHOTO: MARY VISHAY

Ceri Marsh & Laura Keogh
For Metro Canada

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Prep time: 20 minutes
Cook time: 30 minutes
Serves 6

- Ingredients**
- 2 large Yukon Gold potatoes, peeled and chopped
 - 2 tbsp vegetable oil
 - 1 leek, washed well, sliced in half and thinly sliced
 - 2 5-oz tins salmon, drained
 - 2 tbsp fresh dill, chopped fine
 - 1/4 cup mayonnaise

Directions

1. Simmer potatoes until tender in boiling water. Drain and mash. It will make about 2 cups of mashed potatoes. Allow to cool slightly.

2. Gently combine salmon, potatoes, leeks and dill. Blend in mayonnaise and a pinch of salt and pepper.

3. Form into about 12 patties — about 2 1/2 inches across and maybe 1/2 inch thick and place on a plate. Cover and refrigerate for at least an hour.

4. Heat some vegetable oil until hot but not smoking. Fry the cakes — don't over crowd the pan, you'll have a hard time flipping them — for about five minutes a side.

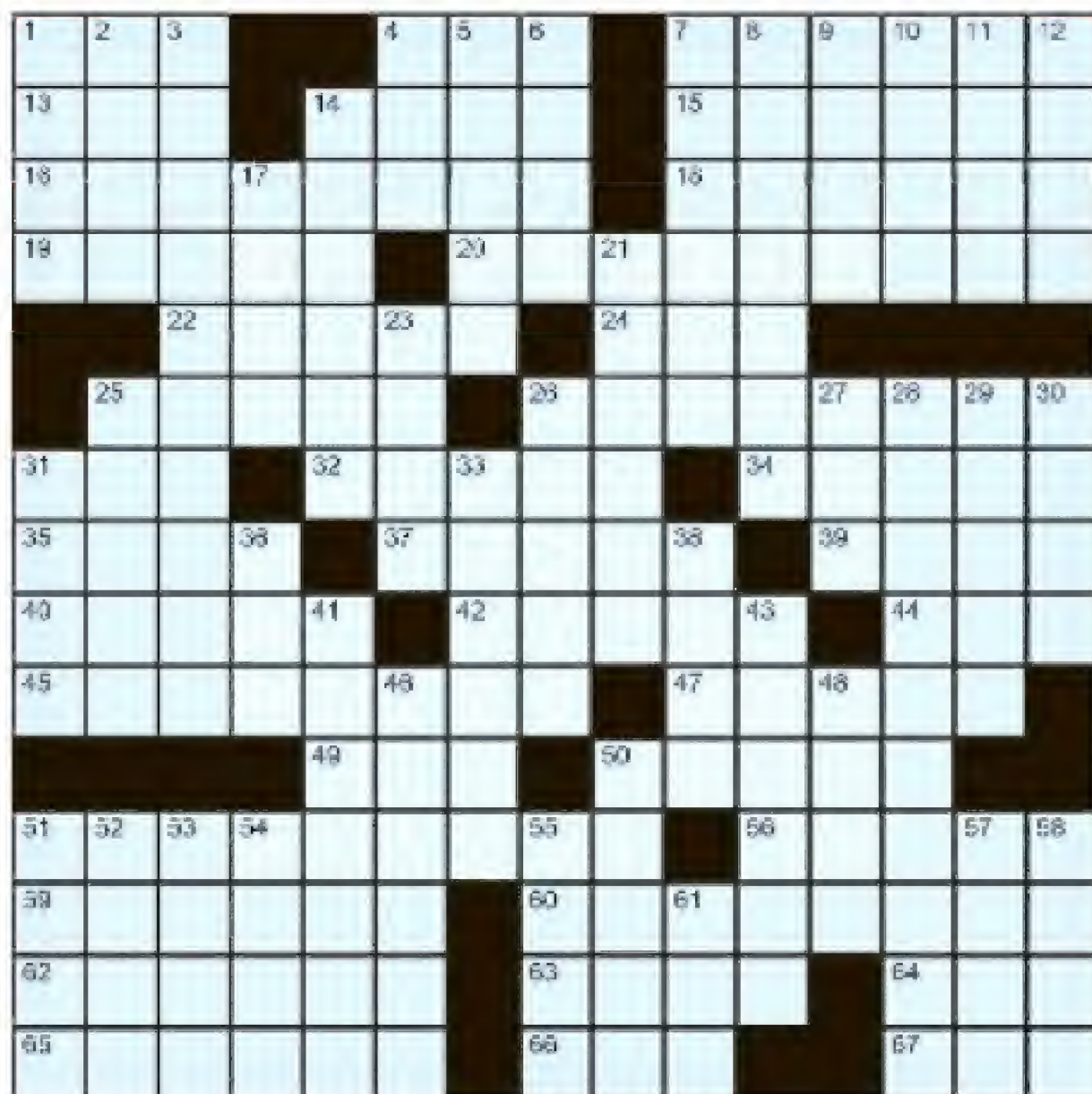
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Lit banned pollutant
4. In-the-lab letters in lunch
7. Sacred songs
13. Leftover of 'Liq' still in the tavern bottle?
14. Bloke
15. Down-... (Worn out)
16. Hockey defensive zone marker: 2 wds.
18. One of the icons in Madonna's 'Vogue'
19. Manitoba town northeast of Winnipeg, ... Bonnet
20. Stylish bit of footwear: 2 wds.
22. Poetically forever
24. '13 _ Madeline' (1947) starring James Cagney
25. He defeated Goliath
26. Country star Glen
31. Film/dom's Gretchen
32. Pacific island republic
34. Smooth transition
35. Jean Valjean portrayer Mr. Wilkinson
37. Hidden hoard
39. Britney Spears' sister, Jamie
40. Sugar's pal in coffee
42. Remove the hem's stitches
44. 15th PM's monogram
45. Salad dressing ingredient ... en francais
47. Whitewater rides



49. _ Tin Tin
50. 'Howdy!'
51. Home team chant at an AOC hockey game! 3 wds.
56. Particular pastel
59. Variantly gained knowledge
60. Ontario folk festival where Joni Mitchell has famously played

62. Encrypted: 2 wds.
63. Street sort, shortly
64. Vancouver-born actor Mr. Bellows
65. Intelligence agency of Israel
66. Compass dir.
67. Tasty tuber type

DOWN

1. Periodical or magazine, e.g.
2. Pop
3. Bryan Adams' longtime manager: 2 wds.
4. F-J link
5. NB's Grand _ Island
6. Frank

7. Invented-in-Canada baby cereal
8. Meryl's of multi-Oscars
9. Herman Melville's captain
10. Fallon's predecessor
11. Beatles: 'Love _'
12. Schedule

- opening
14. Open the information loop: 2 wds.
17. 1999 Matthew McConaughey movie
21. Bluegrass singer Alison
23. Nutritional suggested amts.
25. "...see my red _ must have it painted black." - The Rolling Stones
26. Construction lifter
27. Barbara _ Geddes, 'Dallas' actress
28. Study of King Tut, Pyramids, Hieroglyphics, etc.
29. Quebec City 'moons'
30. Loaned
31. Gladiator's 1205
33. On-the-road reversals
36. Goat's bleat
38. In this spot
41. Cynthia's 'Sex and the City' character
43. For whom King Edward abdicated in 1936
46. Talented
48. Acrobat's feat
50. Mother Nature's wintertime 'coats'
51. Flicker of light, briefly
52. Vintner's prefix
53. Resins in varnishes
54. Ancient Greece's love god
55. Pickup trucks, e.g.
57. _ Minor
58. Tranquil
61. Food Network chef Ms. Drummond

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
The full moon today might create problems with kids or romantic partners. Be careful about going overboard or overreacting to things. Keep it cool.

Taurus April 21 - May 21
Today you feel pulled between the demands of home and family versus the demands of your job, career and public reputation. You can't please everyone.

Gemini May 22 - June 21
Because of the full moon energy today, this is a mildly accident-prone day for your sign. Therefore, slow down and take it easy.

Cancer June 22 - July 23
Something to do with shared property, taxes or debt might come to a head today due to the full moon energy. Go slowly in everything you do.

Leo July 24 - Aug. 23
Today the only full moon all year in your sign is taking place. This can make relationships with partners and close friends too emotional and testy.

Virgo Aug. 24 - Sept. 23
Difficulties at work or with co-workers might arise today because of the full moon. Just be calm, tolerant and easygoing with everyone.

Libra Sept. 24 - Oct. 23
Social events, romantic relationships, playful activities with children and sports events are all subject to the explosive full moon energy today. Don't get carried away.

Scorpio Oct. 24 - Nov. 22
Do what you can to keep the peace at home, because today's full moon might stir up things within the family or where you live. Avoid arguments with authority figures, especially Mom.

Sagittarius Nov. 23 - Dec. 21
This is a mildly accident-prone day for you because of the full moon. Take time to notice everything around you.

Capricorn Dec. 22 - Jan. 20
Today's full moon can affect your finances in some way. Therefore, double-check everything you do. Don't give the farm away.

Aquarius Jan. 21 - Feb. 19
Today the only full moon opposite your sign all year is taking place. This will put some stress on your relationships with partners and close friends, which means you have to be tolerant and patient.

Pisces Feb. 20 - March 20
Difficulties with co-workers might arise today because of the full moon. This is mild and temporary. Just go with the flow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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